

(Breakthrough, Vol. VII, No. 1, Winter 1989)

## **BIOFEEDBACK, MEDICINE AND HEMI-SYNC®**

*by Arthur Gladman, M.D.*

*Art Gladman is a psychiatrist specializing in psychosomatic medicine and behavioral medicine-biofeedback. Founder of the Gladman Memorial Hospital in Oakland, California, he has been associated with The Monroe Institute since the mid 1970's and is a member of the Board of Advisors.*

When Art was diagnosed as having cancer, he knew he had to revitalize his career. As a result, in 1966 he opened a psychiatric hospital. Later, he traveled with Jack Schwartz and Dr. Elmer Green to California to give a biofeedback demonstration. In 1974, he met Bob Monroe at a Council Grove Conference.

He told us that a primary advantage of biofeedback is that one learns one need not be a victim, that control of oneself is possible. Citing an ordinary bathroom scale as a biofeedback device, he told how one learns to shift the locus of control. As a result, control becomes the responsibility of the person. No longer can one view oneself as at the mercy of whatever problem one faces.

Art has established certain objectives when working with biofeedback. First, he makes friends and establishes trust between the patient and himself. Thus he ensures the patient experiences success using biofeedback. In doing so, he teaches people to ask their body of something, then leave it alone to do its work naturally. Then, he gives the patient autogenic phrases to take home and work with, such as "I feel relaxed" and "My feet are warm and comfortable."

He has also found that having the patient listen to an H-Plus® tape accomplishes quickly what usually takes a half day to learn. In general, he has found H-Plus tapes to be "incredibly effective." He said he always educates the patient regarding their use and effect.

Furthermore, to effectively use biofeedback, he suggested always taking time to "beat the drum." That is, educate your patient regarding the process of and the success that will be enjoyed as a result of biofeedback techniques. He encouraged people to develop a positive attitude and sense of expectation.

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